Hot/Cold Weather Injury Prevention

Your Unit

Cold Injury Factors

- **Defensive Position - Static**
- **Age <17 or >40**
- **Fatigue level**
- **Training and experience**
- **Nutrition, activity, drugs and medication, especially alcohol.**

Injuries

- Dehydration
- Trenchfoot
- Frostbite
- Hypothermia

Dehydration

- *To lose or be deprived of water or the elements of water.
- *As prevalent in cold regions as in hot, dry areas.
- *Difficulty in realizing dehydration in cold weather with heavy absorbent clothing.

Trenchfoot

- *Thermal injury sustained as a result of exposure to cold, short of freezing, in a damp or wet environment.
- *Usually occurs between 32 and 50 degrees Fahrenheit.

Frostbite

- *Freezing of a body part by exposure to temperatures below freezing.
- *Strong and sustained winds will greatly increase the probability of injury .
- *It is easier to prevent than to treat.
- *Difficult to detect and realize the oncoming symptoms.

Hypothermia

- *Gradual or rapid cooling of the body core temperature.
- *Can start at temp. well above freezing.
- *Early stage symptoms provide no negative abnormalities--feeling of well-being, confidence.

Self Protection

- Extremities, digits
- The human body does not dissipate heat in a uniform fashion
- Neck and head - No blood control provided. Hair provides covering.

Protection Cont..

- Keep warm and dry.
- Keep clothing clean.
- Cover exposed skin.
- Recognize signs and symptoms of cold injuries.

Keeping Warm

- Cold Wx Clothing mechanics - uses a trapped layer of air as insulation.
- Layer clothing.
- Use what's issued.
- Wool, Polypro, Down Fibers, Fiber fill.

Cold-Injury Prevention Checklist

- 1. Is safety included in planning?
- 2. Are leaders trained in cold-injury prevention, to include carbon monoxide?
- 3. Are soldiers trained in cold wx opns?
- 4. Are current wx conditions monitored?
- 5. Do soldiers use the buddy system?

Checklist Continued

- 6. Is suitable cold weather gear available, serviceable, and utilized?
- 7. Is proper hygiene practiced?
- 8. Are soldiers allowed to wear wet clothing unnecessarily?
- 9. Do soldiers change socks regularly?

Checklist Cont..

- 10. Are personnel with previous cold wx injuries monitored closely?
- 11. Are soldiers trained to recognize early warning signs, and perform first-aid?
- 12. Are soldiers aware that alcohol consumption increases the risk of cold injury?

Tropical Vacation Safety

- Heat Injuries
- Water
- Sports & Recreation
- Bites and Stings

Tropical Vacation Safety

HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

Tropical Vacation Safety

HEAT INJURY PREVENTION

- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles

Tropical Vacation Safety

HEAT INJURY PREVENTION

- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- Use the buddy system
- Monitor those at risk
- Use common sense

Tropical Vacation Safety

SUNBURN PREVENTION

- Use sunscreen - reapply frequently
- Moderation - avoid extended exposure during peak hours (1000 AM - 4 PM)
- Avoid repeated exposure

Tropical Vacation Safety

HEAT RASH

CAUSE

Skin irritation caused by excessive sweating in a hot humid environment

SYMPTOMS

Appears as a cluster of pimples or small blisters neck, groin area; under breasts & arms; and skin creases

TREATMENT

Baby powder with corn starch

ool shower - avoid lotions - change clothes frequentl

Tropical Vacation Safety

HEAT CRAMPS

CAUSE

Excessive loss of salt from the body

SYMPTOMS

Painful cramps of the major muscle groups (arms, legs, or stomach)

TREATMENT

Provide cool water - shade - monitor

HEAT EXHAUSTION

CAUSE

Excessive loss of salt and water in the body

SYMPTOMS

Profuse sweating - headache - paleness - weakness
nausea - cool moist skin - tingling sensation in
extremities

TREATMENT

Provide water - shade - elevate feet - monitor
seek medical attention immediately

Tropical Vacation Safety

HEAT STROKE

CAUSE

The body's heat regulatory mechanism stops

SYMPTOMS

Headache - dizziness - delirium - weakness - nausea
red, hot skin - unconsciousness

TREATMENT

MEDICAL EMERGENCY!!

ool shaded area - soak clothing and fan - elevate

The End

Any Questions?